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HOUSEKEEPING AS A PROFESSION

# Cranberries, Pumpkins and Onions Are Winter Standbys

It Is Real Economy to Use the Seasonable Foods to the Best Advantage

By Virginia Carter Lee

**P**UMPKINS, cranberries and onions are so associated with the month of November, owing to their long-continued appearance in the Thanksgiving season and to the fact that just now they are at their best, that the present week's menus are planned with these appetizing food products as their basis.

## Cranberry Specialties

Cranberries selling at two quarts for 25 cents, or 15 cents a quart straight, are not an expensive purchase, especially now that sugar has fallen to 12 cents a pound, and if due to the sugar shortage during the summer or early fall the housewife has failed to put up her usual supply of jellies, cranberry jelly may be admirably substituted for currant, wild grape and all tart jellies. It is made in the same manner as currant jelly, save that a little water is added to the fruit when first put on to cook.

For the spiced cranberries mix, in the order given, one pint of washed cranberries, one cupful of sugar, one-quarter cupful of mild vinegar, one-eighth of a cupful of water, one teaspoonful of ground cinnamon and an eighth of a teaspoonful each of cloves and allspice. Heat slowly to the boiling point and simmer for half an hour. This is delicious with cold meats. It may be sealed like jelly.

To make the cranberry sherbet cook three cupfuls of cranberries, one cupful of raisins and one and a half cupful of water or ten minutes. Press through a sieve and stir in one and a half cupful of sugar. Reheat to the boiling point, simmer for a couple of minutes, remove from the fire and cool. Freeze slowly, and when it begins to congeal add the stiffly whipped white of one egg. Continue to freeze until stiff and smooth.

The jellied prunes in cranberry mold is made by slicing six apples (core them), and add half a cupful of cranberries and three-quarters of a cupful of boiling water. Cook for fifteen minutes, strain and add one tablespoonful of gelatin softened in

four tablespoonsful of cold water and one cupful of sugar. Stir until the latter ingredients are dissolved and add half a teaspoonful of vanilla extract. Cool and mold, with the assistance of the jelly mixture, large cooked and pitted prunes. Mold in layers, having each hardened before the next is added, and chill on the ice.

## Shopping for Onions

In purchasing onions it is well to remember that the fiery little red variety are unexcelled for seasoning, that the small white ones are best for creaming, escalloping and all culinary purposes, while the large Bermuda is recommended for salads and sandwiches. The red onions are always cheaper than the white variety and the Bermuda generally sells for so much apiece, according to the size.

In making the onion sandwiches mix together two white onions, peeled and chopped, a small cupful of chopped celery, eight chopped stuffed olives and sufficient mustard dressing to make a paste that will spread. Spread thickly on a crisp lettuce leaf and use between buttered slices of whole wheat or rye bread.

Pumpkins also vary in price, according to the size, a medium-sized specimen selling for about 45 cents. They are generally steamed or boiled and sometimes baked. The cooked pulp is always sifted before using. The filling for the pumpkin, date tarts, will make a delicious filling for one pie, save that the dates are omitted and the amount of sugar slightly increased. Spices used with pumpkin are largely a matter of individual taste, but ground ginger and cinnamon should always be used.

## The Approximate Cost

Supplies for the week will include, at the butcher's, two pork tenderloins (about one pound and a quarter) for 75 cents, three lambs' kidneys at 10 cents each, one pound of lean veal for 35 cents, half a pound of salt pork for 18 cents, two pounds of short steak at 55 cents a pound and half a pound of bacon at 45 cents a pound.

At the fish market one pound and a half of salmon steak at 50 cents a pound, one pound and a half of smelts at 35 cents a pound, one-third of a pound of salt cod for 10 cents,

one pint of chowder clams (or the equivalent in large clams) for 30 cents and a two-pound mackerel at 30 cents a pound.

Purchase for the dairy supplies two pounds of butter at 70 cents a pound, one pound of oleo for 38 cents, seven quarts of Grade B milk at 21 cents a quart, one-half pint of cream for 26 cents and three dozen eggs at 80 cents a dozen.

Marketing prices for four persons should run at the following approximate figures. The milk item does

not include any to be used as a beverage for children:

Butcher's bill	\$3.10
Fish bill	2.28
Dairy supplies	5.91
Fruits	3.28
Vegetables	3.62
Groceries	6.88
Total	\$25.07

THERE is nothing better than creamed or baked onions, a raw onion sandwich with rye bread,

plain old-fashioned pumpkin pie and baked pumpkin and cranberry sauce. The Institute always tries to avoid fads and strange concoctions, too often offered on women's pages in a search for "something new," just as bizarre fashions are foisted on the public in the same frantic scramble for a change.

Nevertheless, nearly all fruits and vegetables have their season, and to make the most of them at their height one must serve them in various ways. The following recipes,

while unusual, are practical, and now that fresh vegetables and fruits have disappeared or become a luxury varied uses of the few vegetables available are the more appealing.

## Cranberry Dumplings

Sift together two cupful of flour, four teaspoonsful of baking powder, three-quarters of a teaspoonful of salt and one tablespoonful of sugar. Rub in with the finger tips two tablespoonsful and a half of any preferred shortening and wet to a biscuit dough with about three-quarters of a cupful of cold milk. Cut into rounds, after rolling out, place a tablespoonful of firm cranberry jelly in the center of each and dust with grated nutmeg. Form into dumplings and steam about fifteen minutes. Dish, pour over a little unstrained cranberry sauce and serve with a hard sauce made with brown sugar, butter and a little ground cinnamon.

## Steamed Cranberry Pudding

Mix together about three cupful of grated whole wheat bread crumbs, three-quarters of a cupful of sugar, three-quarters of a teaspoonful of salt, half a teaspoonful of ground cinnamon and a quarter of a teaspoonful of ground cloves. Heat one cupful of milk, dissolve in it three teaspoonsful of oleo and gradually blend with the dry ingredients. Beat well, stir in one and a half teaspoonsful of baking powder,

Recipes That Make It Possible to Serve the Same Vegetable Often Without Monotony

sifted with two tablespoonsful of flour and one cupful of chopped cranberries. The pudding mixture should be of the consistency of a thick drop batter. Steam in a greased mold for one hour and a half. Serve with a hot foamy sauce.

## Cranberry Conserve

Wash one quart of cranberries and chop rather coarsely, saving every particle of juice. Put in a saucepan, add one cup of water, the grated yellow rind of one orange, the edible pulp and juice of two oranges and one cupful of seeded and chopped raisins. Cook for fifteen minutes, add two and a quarter cupful of sugar, boil for three minutes and stir in half a cupful of chopped nut meats. Store in jelly glasses.

## Cranberry Sponge

Prepare half a cupful of strained and sweetened cranberry syrup and while hot add two tablespoonsful of granulated gelatin, softened in cold water to cover. Let stand for five minutes, stirring occasionally. Dissolve a scant half cupful of sugar in one and a quarter cupful

of boiling water, mix with the gelatin mixture and stir well. Add two tablespoonsful each of lemon juice and orange juice, whip with a Dover egg beater until very light. Beat two egg whites until they will hold their form, add to the whipped cranberry and gelatin mixture and beat again until it begins to stiffen. Pour into a ring mold and chill on the ice.

## Pumpkin and Date Tarts

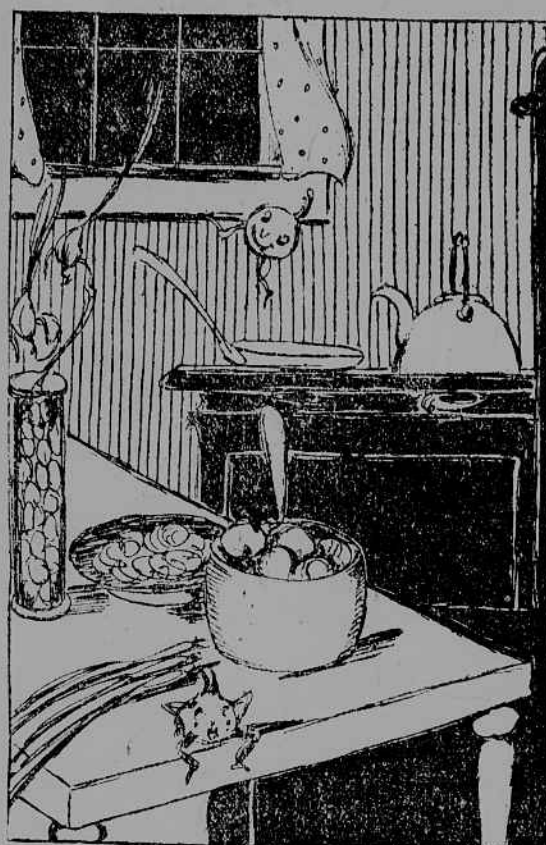
Into one and a half cupful of stewed and sifted pumpkin strain one cupful of milk, half a cupful of thin cream or top of the bottle, lightly beaten eggs, blended with two-thirds of a cup of sugar, one tablespoonful of molasses, half a teaspoonful of salt, three-quarters of a teaspoonful of ground ginger and a quarter of a teaspoonful of ground cinnamon. Blend thoroughly, mix in half a cupful of finely shredded dates and turn into tart tins lined with pastry. The tarts should be hot at first to bake crisp the pastry, then reduce the heat.

## Fried Pumpkin with Bacon

This may seem like an innovation for breakfast, but it is very good. Break open the pumpkin, remove the seeds and strings, cut the pieces and steam until the pumpkin is tender. Scrape from the skin and sift. Use two cupful of the pumpkin, season to taste with paprika, butter, a very little sugar and a dash of tomato catsup. Mix with a quarter of a cupful of rich milk and turn into a heated skillet holding two tablespoons of hot bacon fat. Stir rapidly until heated through, then brown on under side. Serve inverted on a hot platter and lay over the curls of crisp bacon.

## Spanish Onion Salad

Peel three large Bermuda onions, slice and let them stand for an hour in ice water. Drain, sprinkle lightly with powdered sugar and marinate in French dressing for an hour. When ready to make the salad lay on a bed of shredded lettuce, sprinkle with four tablespoonsful of chopped cress, four tablespoonsful of chopped green peppers (no seeds) and pour over all a cheese dressing. Garnish with strips of canned pimientos and capers.



A Sermon on Onions

ONIONS are the great teachers of moderation. Too much onion and everything else is drowned out and you have a bad taste in your mouth the next morning. Just enough onion and all other foods taste the better for it. Many people who protest that they do not like onions will exclaim over the delicious flavor of a salad, not knowing that a bit of onion juice is responsible for the flavor. Even a bowl rubbed with garlic, or a clove of garlic placed in a crust of bread and tossed with a salad and removed, will intrigue the taste of many who would scorn it if they knew what they were getting. A plain lettuce salad which would be otherwise utterly uninteresting becomes a relish and an appetizer if a bit of onion, garlic or chives is added to the dressing.

Like other good things, the onion has suffered the most at the hands of its friends. Creamed or baked onions are among the most delicate and delectable of vegetables, and they are very cheap and are with us for the winter. They are antiseptic and most wholesome as well as appetizing and give zest and savor to bland foods.

Use the onion with restraint and it will make many a dull meal piquant and interesting.

## The Cranberry's Rights

CRANBERRY sauce or jelly and cranberry tarts are about the limits of the territorial rights of this delightful winter fruit in most families. Why? When it makes an excellent conserve with raisins, a good pudding, and adds to fruit cups, sherbets and beverages. Especially in the winter time, when the supply of succulent vegetables is short and we are eating more heavily of meats and eggs and the starchy vegetables, do you need for health as well as savor a juicy, acid, mineral-bearing fruit like the cranberry to aid both in elimination and in counter-



acting the acid reactions of a winter diet. For the cranberry, like many fruits acid in the mouth and stomach, is alkaline in its reaction in the body, the intestines and blood, when it is broken down and digested and assimilated.

For these reasons it is well to know many ways to use the cranberry and to put it on the menu more often than is the usual custom. Do not wait until you have turkey or chicken to have cranberry. Its bright color and appetizing qualities will help out a palefaced winter meal several times a week.



## Pumpkin-Pied or Baked

### PROBABLY

the only real competitor apple pie has in the affections of man. Pumpkin is one of the many vegetables that has suffered from being poorly cooked and seasoned. If watery and flat, it is anathema. If dry, it is a disaster. Sifted and seasoned and buttered, with milk and eggs added, it is delicious. When a vegetable is over 90 per cent water it takes some care in serving to make it acceptable. The rock-hard turnip has an equal amount of water—and we all know what a dish of watery turnips is like. Pumpkin, almost, needs to be made into a custard, and then its sweetness and characteristic flavor is at its best. A. L. P.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b> Grapefruit Cocktails Lyonnaise Eggs and Potatoes Buttered Toast Coffee	<b>BREAKFAST</b> Baked Apples with Cereal Waffles Cinnamon and Sugar Coffee	<b>BREAKFAST</b> Grape Juice Fried Pumpkin with Bacon Rolls Buttered Toast Coffee	<b>BREAKFAST</b> Stewed Prunes with Lemon Slices Creamed Salt Cod Watercress Coffee Raised Rolls	<b>BREAKFAST</b> Speeded Apples Corn Meal Mush Maple Syrup French Toast Coffee	<b>BREAKFAST</b> Purée of Fruit with Cranberry Jelly Browned Vegetable Hash Toasted Nut Bread	<b>BREAKFAST</b> Malaga Grapes Shirred Eggs with Cheese Popovers Coffee
<b>LUNCHEON</b> Rice and Cheese Soufflé Celery Salad Biscuits Cranberry Conserve	<b>LUNCHEON</b> Salmon Salad Rolls Gingerbread with Fudge Sauce	<b>LUNCHEON</b> Scrambled Eggs with Green Peppers Thin Bread and Butter Fruit Salad	<b>LUNCHEON</b> Broiled Kidneys with Bacon Baked Stuffed Onions Cranberry Sherbet	<b>LUNCHEON</b> Egg and Lettuce Sandwiches Cocoa Cup Cakes with Cranberry Sauce	<b>LUNCHEON</b> Fish Soufflé Onion and Watercress Salad Sliced Oranges and Bananas	<b>LUNCHEON OR SUPPER</b> Sliced Loaf Compote of Cranberries Onion Sandwiches Chocolate Nut Cake
<b>DINNER</b> Tomato Bouillon with Noodles Boiled Salmon Steak Green Peas Potato Balls Spanish Onion Salad Pumpkin Pie	<b>DINNER</b> Vegetable Soup Broiled Pork Tenderloins Spiced Cranberries Escalloped Onions Candied Sweet Potatoes Coffee Frappé	<b>DINNER</b> Cream of Onion Soup Fried Smelts, Tartare Sauce Potato Puff Buttered Beets Cranberry Sponge Peanut Macaroons	<b>DINNER</b> Clam Chowder Spanish Omelet Succotash Pumpkin and Date Tarts	<b>DINNER</b> Clear Soup with Egg Flanked Mackerel with Potato Border Brussels Sprouts Old-Fashioned Cranberry Dumplings	<b>DINNER</b> Purée of Spinach Veal Loaf Baked Potatoes Jellied Prunes and Cranberries	<b>DINNER</b> Broiled Steak with Mushrooms Potatoes au Gratin Celery and Pimiento Salad Steamed Cranberry Pudding

## Pot Roasts, Salads, Confections and Desserts—All From the One Winter Berry

**O**F ALL versatile fruits, cranberries should take the lead, yet cranberry jelly is about the limit of our use of them. They have not been as popular in the past as they deserve to have been. Only at Christmas and Thanksgiving do they come into their own along with the turkey, pumpkin and mince pie,

nuts and raisins. Why, if Thanksgiving and Christmas dinner is not complete without cranberry jelly, should we neglect it during the rest of the year, and only at rare intervals have this delicacy?

Sugar, the arch enemy of cranberry consumption, has gone down in price, and this should help popu-

larize this very piquant fruit. They offer no waste of material or time in preparing, as they have no skins, cores or pits to be removed. Cranberry sauce or jelly is as delicious with beef, lamb or mutton as with veal, and it is especially desirable if the meat is fatty.

## A Confection

Puddings, pies, muffins, drinks, as well as ices, can be made from these berries, and we think they are a dangerous rival of the cherry at much less cost. A new confection can be made from them; try it for Thanksgiving dinner. It is a simple matter to candy them: Boil two cupfuls of sugar with two-thirds of a cupful of water for about five minutes. Wash and dry the berries. Pierce each one with a fine skewer. Lay on an agate pan (not aluminum). Pour the hot syrup over and let stand in a moderate oven until they are almost transparent. Dust with confectioners' sugar and they make a beautiful decoration, besides being a refreshing tart-sweet for the dinner's end.

## Different Sauces

Cranberry sauce may be made with the pulp and skins left in, and, in fact, is preferred this way by some. Others like it strained so that it presents a clear appearance. For the former, boil one quart of berries in two cupfuls of boiling water and two cupfuls of sugar. Cook until the berries are transparent. This will

take from eight to ten minutes. Chill before using, as cold always enhances the charm of cranberries.

If the strained sauce is preferred, cook the berries in water and then put them through a sieve, add the sugar and allow to boil up for a few moments. About one-eighth of a teaspoonful of soda may be added while the cranberries are cooking and a little less sugar will be needed. The soda must not be added, however, if you are making jelly, we are told that soda is an enemy to vitamin value in foods of this type.

Did you ever eat shredded cabbage made into salad with cranberries? This may sound "faddy," but once you try it you are sure you will agree that the tartness of the berry is very pleasing with the bland flavor of the crisp cabbage. Mix two cupfuls of finely shredded cab-

bage with one-half cupful of cranberries, which also should be cut in very fine pieces. Moisten with French or boiled salad dressing and serve very crisp and cold. A few blanched almonds are an addition to this salad also.

## Pot Roast and Cranberries

Pot roast cooked in cranberry sauce is a pleasing variation which is bound to multiply the devotees of the berry. Brown the roast in a small amount of fat and then remove from the pan. Add about three cupfuls of water, together with two cupfuls of cranberry sauce, which has been sweetened a little less than for other purposes. Boil for a few minutes and replace the meat and cook as usual, adding seasonings to taste.

## A Cheap Winter Conserve

An excellent marmalade is made

from raisins and cranberries, which is fine for the approaching holidays, especially for those whose preserve closet is not so well stocked as usual. The raisins blend in very well with the tartness of the cranberries and afford a decided change from plain cranberry sauce. Cover saucepan and bring to a boil quickly one quart of cranberries. Mash with a wooden spoon and boil for about three minutes. Add one cupful of sugar and one cupful of raisins cut in pieces. Boil slowly about thirty minutes. This makes two tumblers of marmalade for about 25 cents.

## Cranberry Desserts

Try the following recipes and you "get the cranberry habit," and the more expensive fruits will not be missed.

## Mock Cherry Pudding

Cut one pint of cranberries in halves and combine with one-half cupful of chopped raisins, one cupful of sugar and the well beaten yolks of two eggs. Beat the whites very stiff and fold in carefully the first mixture together with two cupfuls of bread crumbs. Pour into a buttered baking dish and bake in a slow oven for about thirty minutes. Serve hot with hard sauce made from one cupful of powdered sugar and one-half cupful of butter.

## Cranberry and Pineapple Mixture

Combine one pint of cranberries with two cupfuls of chopped canned pineapple and one cupful of water or pineapple juice and cook until the

fruit is tender. Add one and one-half cupfuls of sugar and cook until thick.

Pineapple juice and strained cranberry juice sweetened make an excellent drink, also.

## Orange and Cranberry Dessert

Wash one cupful of cranberries and cook in two cupfuls of water until tender. Mash, add one cupful

of sugar and boil for three minutes. Mash again and put through a colander and then through a strainer, so that no seeds will remain. Set aside to cool. Pare two oranges, removing all the white inner skin. Cut them in very small pieces and place in sherbet glasses. Pour sauce over and serve with wafers.

Anna Stanley

## "Then and Now," or "The Empty Spool"

THREAD was at first sold in hanks, as knitting wool is now, and ladies had to loosen the skeins and wind it into little balls. But a progressive thread manufacturer, James Clark, got a wood turner named Robert Paul to make a few wooden spools in the early eighteenth century, and then James Clark himself, to accommodate a fair customer, would sit down at a weaver's pirl in his own shop, while she waited, and wind the skein of thread on it for her. He charged her half a cent for this courtesy.

When the spool was empty she brought it back to him and he wound it full with thread again. The fourth generation of Clarks are now making the cotton thread you use to-day. Give the courtesy

old business fellow, James Clark, passing thought when you throw away the next empty spool. Ladies could not do that in 1812.

There were plenty of other things they couldn't do and wouldn't do those good old days. Thrift came naturally and of necessity in a world where inventions were not looking to waste and comfort. Wooden spools were never thrown away; a thimble lasted a lifetime, and one needle was often used in a household. It was kept as carefully as such a treasure served to be kept.

One bonnet, one shawl, one dress did almost a lifetime, too, for materials were hard to obtain and dressmakers few in number. When women wore their own clothes and the clothes of their families they did not encourage frequent change of fashions.

June Gray

## Three Apple Recipes Of Special Merit

**S**PICY sauces and jellies are much to be preferred with cold meats and fowls to the heavy, sweet preserves. These three suggestions will help fill the empty shelves that the summer sugar shortage may have left in its wake:

### Spiced Apple Sauce

Pare, quarter and remove the cores from sufficient juicy cooking apples to make four quarts. When all are ready, turn into a preserving kettle, add two broken sticks of cinnamon, twelve whole cloves, and let simmer until the fruit is tender. This will not take long, but it must be stirred frequently to prevent burning. Seal as canned fruit.

### Apple Mint Jelly

Cut the apples in quarters but do not pare or core. Barely cover with boiling water and cook until the fruit is very soft. Drain in a jelly bag, and for a quart of the strained juice add the crushed leaves and

stalks of a bunch of mint. Cook for twenty minutes, strain, add three cups of heated sugar and cook, skimming well, until a little jelly when tried on a cold saucer. Tint with a little green coloring matter and pour into jelly glasses.

### Spiced Crab Apples

If the crab apples are very hard, parboil them for ten minutes in water to cover, then drain and simmer in a spiced syrup composed of three pounds of sugar, a scant three cupful of mild vinegar, half a cupful of stick cinnamon, broken in bits, and six blades of mace. Two whole cloves may be stuck in each tiny apple before cooking in the syrup if desired. The quantity of ingredients given is for seven pounds of fruit. Cook the fruit until tender, take it out, pack in sterilized jars, boil down the syrup and fill the jars to overflowing. Seal as for canned fruit.

F. T. E.